

# The Bloomfield Record.

DEVOTED TO LOCAL INTERESTS, GENERAL NEWS, AND THE DIFFUSION OF USEFUL AND ENTERTAINING KNOWLEDGE.

BLOOMFIELD, N. J., FRIDAY, JUNE 5, 1874.

STEPHEN M. HUBIN, Editor and Proprietor.

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Repairing neatly done.

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**Physical Education.**

While the subject of a higher intellectual education for women is obtaining the cordial approval and co-operation of the best men in the country the question of physical capacity is disregarded or only thought of from a purely functional point of view. There is little doubt that women would be able to bear as great an intellectual strain as men if they were prepared for it in the same way and alternated it with the same athletic sports and outdoor life. But they do not do this. They are hardly allowed—certainly not encouraged—to row, swim, jump, or climb. They are kept indoors at a time when boys are allowed to run in the street; they are hampered by dress; they are called upon for assistance in the affairs of the family while the boys play ball or slide down hill; and their physical development is repressed continually and in a thousand ways through infancy, childhood, girlhood, and womanhood. Physical culture in the shape of what are called "light gymnastics" has done something for isolated cases in those schools or colleges where it has been introduced, but it cannot do everything. Too much is expected from schools; girls are sent there ignorant and sick, and they are expected back accomplished and well. They have no physique to start with, and they are expected to gain not only an education that would test the capacity and endurance of a strong man but a body also.

The condition of women cannot be very greatly improved until there is a radical change in this respect—until thinness and sallowness cease to be beauty, and there is a conscientious regard for the necessity of a body to work with and in. All women who have accomplished anything—artists, authors, lecturers, and business women—have had excellent, well-trained bodies to start with. Take as examples Mme. Nilsson, Mrs. Livermore, Mrs. Elizabeth Cady Stanton, Miss Anna Dickinson, Miss Edgerton, Annie Louise Cary, and numerous others that could be cited—almost every one indeed of whom the world has ever heard.

Moreover, high health is necessary to simple enjoyment of life. Few women in this country really know what health is, or what that thorough harmony of the system with nature is which makes existence itself a sort of rapture, and attunes every breath to the divine pulsations of the universe. The importance of good health for women is not appreciated or comprehended. It is not at all so desirable in order that it may increase the number of artists, authors, and lecturers as it is that we have pleasant, well-cared for houses; a race of healthy, hearty men and women who will imbibe natural and cheerful views of life with their mother's milk instead of morbid ideas and sentimental fancies. We would not discourage any man from bestowing the best education possible on his daughter, but let him first see that her diet be simple and that she has plenty of fresh air—the mighty restorative which is all around us, yet which half the world die for want of.

Air and exercise first, then Greek and Latin.

**Vulgar Display of Jewels.**  
"Are we," writes a New York correspondent of a Boston paper, "a nation of pawn-brokers or jewelers? We must be one or the other, or wherefore the quantity of diamonds that are worn by women and children? I have no fault to find with the middle-aged lady, who adorns herself with the family jewels on full-dress occasions; but good taste is outraged at the sight of a girl of fifteen wearing as many diamonds as would ransom a king. Not long ago, I met a little child who could not have been over five years old, out walking with her nurse, and from her ears hung immense solitary diamonds. It is no uncommon thing to see school girls from the ages of ten to eighteen wearing diamonds on their fingers and in their ears. A young girl does not think her toilet complete without diamond earrings and at least one diamond ring. Then, as she gets richer, come hair ornaments and crosses and lockets made of precious stones. Necklaces of diamonds are rare in this country, and are not often seen off the stage. The Countess of Caithness, who visited this country some time ago, was the wonder and admiration of all New York when she appeared in her box at the opera flashing in \$800,000 worth of diamonds. But then her diamonds had been handed down from generation to generation of very rich ancestors, and were very second to those of royalty. In European countries it is not until a woman has attained to years of maturity that she wears diamonds, and even then not unless she is very rich. In this country no one is too young to wear them, and I was going to say, no one too poor, for I have often seen women who live in small houses, up back streets, appear at church or the opera glittering in diamonds. A lady of my acquaintance, when she gets up in the morning, puts on a calico wrapper, but that does not prevent her arraying herself in diamond earrings, breastpin, and finger rings, with which adornment she performs her household tasks."

Gold a knave and little honest men will worship him.

**Aversion to Manual Labor.**

The practice of educating boys for the professions, which are already overstocked, or for the mercantile business, in which statistics show that ninety-five in a hundred fail of success, is fearfully on the increase in this country. Americans are annually becoming more and more averse to manual labor; and to get a living by one's wits, even at the cost of independence and self-respect, and a fearful wear and tear of conscience, is the ambition of a large proportion of our young men. The result is that the mechanical professions are becoming a monopoly of foreigners, and the ownership of the finest farms, even in New England, is passing from Americans to Irishmen and Germans. Fifty years ago a father was not ashamed to put his children to the plow or to a mechanical trade; but now they are "too feeble" for bodily labor; one has a pain in his side, another a slight cough, another "a very delicate constitution," another is nervous; and so poor Bobby or Billy or Tommy is sent off to the city to measure tape, weigh coffee, or draw molasses.

It seems never to occur to their foolish parents that moderate manual labor in the pure and bracing air of the country is just what these puny, wasp-waisted lads need, and that to send them to the crowded and unhealthy city is to send them to their graves. Let them follow the plow, swing the sledge, or shove the foreplane, and their pinched chests will be expanded, their sunken cheeks plumped out, and their lungs, now "calined, cribbed, and confined," will have room to play. Their nerves will be invigorated with their muscles; and when they shall have cast off their jackets, instead of being thin, pale, vapid coxcombs, they shall have spread out to the size and configuration of men. A lawyer's office, a counting room, or a grocery is about the last place to which a sickly youth should be sent. The ruin of health is as sure there as in the mines of England. Even of those men in the city who have constitutions of iron, only five per cent succeed, and they only by "living like hermits, and working like horses"; the rest, after years of toil and anxiety, become bankrupt or retire; and having meanwhile acquired a thorough disgust and unfitness for manual labor, bitterly bemoan the day when they forsook the peaceful pursuits of the country for the excitement, care, and sharp competition of city life.

**PLANETARY FLIRTIATIONS.**—The fashionable events in celestial society for the ensuing months of the present year will be as follows: At sunset, on the 27th of June, the silvery planet Mercury, seldom distinguishable, on account of his close proximity to the Sun, will be brightly visible in the West. At five minutes of nine o'clock on the morning of July 5th Mars and the Sun will be in conjunction. On the 12th of August, at three minutes past seven in the evening, Jupiter and Venus will approach within one degree of each other—presenting a rare and beautiful spectacle. An annular eclipse of the Sun, visible in Asia, and partly in Africa and Northern Europe, will occur on the 10th of October. The magnificent Venus will be at her nearest to our earth on the night of November 10th. One month hence, or on the 10th of December, will recur the great centennial transit of the beautiful planet across the disc of the Sun, by elaborate observation of which the astronomers of the world hope to establish the exact distance of our world from the Sun. On the mornings of the 14th and 15th of the same month, too, Mars and Venus will come within three minutes of each other, so as to seem in actual contact.

It is stated that General Howard has been compelled to expend more than five thousand dollars for attorney's fees, &c., in defending himself from the charges recently brought against him, and to repay this money he is about to sell his house and furniture, the only property that he has in the world. As it is now demonstrated in an unmistakable manner that he is an innocent man, who has been subjected to persecution for the faithful performance of his duty, this consequence of his efforts to preserve his good name seems to be cruel and unjust. He has saved his reputation, but his enemies have robbed him of his home and of every dollar that he has managed to secure for his family.

The other evening two gentlemen paid a visit to a young lady in San Francisco. When they were about to take their departure one of them mistook an overcoat hanging on the hat rack for his own, and was about to put it on, when he felt something in the outside pocket, which he drew out and which proved to be a revolver. His friend was talking with the young lady and did not notice that the revolver was being handled. Suddenly a loud report reverberated through the house. The young lady faint and was carried into the parlor by her father, who came from an adjoining room on hearing the report. They at first thought that the young lady was killed, but she revived before the physician came, and complained of her leg hurting her. On examination it turned out that the ball had struck her in the left leg, below the knee, inflicting quite an ugly but not dangerous wound.

**VARIETIES**

Why is a beefsteak like a locomotive? It's not of much account without its tender.

A dentist in Kentucky advertises to extract teeth "without pain to the operator, and with very little to the bystanders."

The editor of a Nashville paper is accused by his neighbors of having caught cold while sleeping in church with his pew door open.

A Wisconsin woman who recently buried her eighth husband has received an offer of \$500 to move into some other State. She stands out for \$1,000.

A fish farmer in Illinois gets 75 cents per pound for his trout; thus a small stream of fish will bring as much as a sheep, and they require neither grain, hay nor stabling.

The latest mentioned smart old lady in Mrs. Spicer of Tipton, Iowa. Having employed a mason to repair her chimney, she carried up the hod for him although 75 years old.

The other day a countryman asked one of Barnum's men, "where's the money?" The latter replied "he is dead," and the inquirer passed on perfectly satisfied, for he could not expect that even Barnum could prevent an occasional death among his curiosities.

A Kookuk wife asked her husband for a new dress. He replied: "Times are hard, my dear—so hard, I can hardly keep my nose above water." Whereupon she retorted: "You can keep your nose above water easy enough, if you had a mind to; but the trouble is you keep it too much above brandy."

A little fellow, five or six years old, who has been wearing undershirts much larger than for him, was one day, after having been washed, put into a garment as much too large as the others had been too small. Our six-years-old shrugged his shoulders, shook himself, walked around, and finally burst out with, "Ma, I do feel awful lonesome in this shirt."

A gentleman named Stedman writes to the Fairmont (Minn.) Chain, ordering his paper discontinued, giving as one reason that his wife says "it won't even clean lamp chimneys." To this, among other things, the editor answers, that the withdrawing subscriber may be a man of influence, but he is no gentleman and has "no right to betray what his wife told him in confidence, and we presume she will not thank him for it."

A young man in Niles, Mich., having mastered the science of medicine and surgery, has concluded to turn his attention to practical dentistry. In order to enable him to pull teeth without pain he prepared the head of a sheep that had lately been slaughtered, and repaired to the brush along the bank of a creek. When thus secluded, as he supposed, from prying eyes, he produced his forceps, gently smoothed the sheep's face with his hand, probably to inspire the patient with confidence—and opened its mouth, laid firmly hold of a molar with his "tooth hooks," and gave a surge that brought out the tooth. He then stepped back and said, in the most soothing tones: "Madam, did it hurt you?" A man who was fishing in the creek, not twenty feet away, did not hear what the sheep said.

**THE RIGHT OR LEFT ARM?**—The question, whether a gentleman walking with a lady should give her his right or left arm, is frequently discussed. Custom and written etiquette are rather in favor of the right, although there are excellent reasons in behalf of the left arm. Either one, or the other, permanently retained, is vastly better than the awkward and absurd habit of changing arms, so as to place the lady on the inside of the promenade. One advantage of giving the left arm is that the person on the right naturally takes the lead, so that, in the country or city, in the street or park, he thus readily directs the way instead of waiting to consult with his companion, or causing a jostling by each of them trying to move to opposite points. Another advantage is, that in a crowded thoroughfare, such as Broadway, for example, where the sidewalk is invariably encumbered with merchandise and thronged with people, a gentleman needs his right arm to remove obstructions and keep safe, or careless folks out of the way. "Home and Society," *Sartorian's* for June.

A physician of skill and experience says a mustard plaster should never be mixed with hot water, but with the white of eggs; and when so prepared does its duty as a counter-irritant without producing the anguish of a blister, as in the old method.

Cut flowers will not fade nearly as soon if placed under a glass shade in a vase containing water. Maiden-hair and other ferns retain their freshness and beauty for a long time when treated in this manner.

A woman should never consent to be married secretly. She should distrust a man who has any reason to shroud in darkness the act which in his own estimation should be the crowning glory of his life.

The home of the cactus family appears to be in southern Arizona. Here the grand cactus, *cereus giganteus*, is from thirty feet to forty feet high, and from three feet to four feet in diameter.

A strong-minded female, at Cold Spring, Cape May county, fires off an army market every noon, to call the farm hands home to dinner.

A person not posted in the fashions would suppose that two-thirds of our dressy young women were humpbacked.